

Positional Sense After Open String in Neck Region: ALWAYS EXTENDED

Repeat each "cell" several times and always pluck the open string with a little lefthand pizzicato.

Keep the thumb in contact at all times with the cello neck.

We will start with finger configurations that allow the hand to roll between 1st and 4th fingers via the 2nd.

EX. 1: THREE-FINGER QUAD-ROLLS. EX. 1A: 0-4-2-1 and 0-1-2-4 ("roll" the hand)

These exercises are written out on the D-string but can be done on any string

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EX. 2: ALL FINGER QUAD ROLLS

EX 3: WITH ONLY THE FIRST AND FOURTH FINGERS (no rolling possible). EX 3A Quads EX 3A1

2 Extensions in the Neck Region: SHIFTING ON OPEN STRING TO EXTENDED POSITION: EXERCISES (cont)

EX 3A2

EX 3B: TRIPLET RHYTHM: Do also on other strings

EX 4: THREE-FINGER QUADS O-4-1-2 and O-2-1-4

No hand rolling possible, therefore there is more strain. Do also on other strings

Do the above exercises also with the finger combinations O-2-4-1 and O-1-4-2 (also no rolling possible)